COACH

Small Group Training
2026 Session Dates

(minimum of three/maximum of six participants)

SESSION 1:
Registration Dates:
Dec. 14, 2025-Jan. 2, 2026
Session Dates: Jan. 4-March 14

SESSION 2:
Registration Dates: March 1-11
Session Dates: March 15-May 23

SESSION 3:
Registration Dates: May 10-20
Session Dates: May 24-Aug. 1

SESSION 4:
Registration Dates: July 19-29
Session Dates: Aug. 2-Oct. 10

SESSION 5:
Registration Dates: Sept. 27-Oct. 7
Session Dates: Oct. 11-Dec. 19

SESSION DETAILS:
Session Length – 10 weeks (one class/week)
Class Length – 55 minutes

SESSION PRICES:
10 classes for 10-Week Session
$171 (members)
$225 (non-members)



HOW TO REGISTER?

Stop by the Fitness Desk (lower level) to register.

NEED MORE INFORMATION?

CALL 219-924-5348, EXT. 32720

Powers HEALTH℠

Community Hospital Fitness Pointe
9950 Calumet Ave., Munster, IN
Phone: 219-924-5348 | fitnesspointe.org

REV. 1/2026

Community Hospital Fitness Pointe®

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What is **COACH** Small Group Training?

COACH SMALL GROUP TRAINING offers a dynamic and motivating fitness experience that blends expert instruction with the energy of a small group.

With limited class sizes, participants receive personalized attention, while benefiting from the camaraderie and social atmosphere of group workouts.

All COACH offerings are designed to challenge your body, boost motivation and adherence, as well as help you achieve your fitness goals in a supportive, engaging environment.

5 BENEFITS OF SMALL GROUP TRAINING

Personalized Attention – While enjoying the energy of a group, you'll receive tailored coaching that helps you focus on your specific goals, whether it's strength, flexibility or overall fitness.

Motivation & Accountability – Group classes provide an extra boost of motivation and friendly competition, making it easier to stay committed and push through challenging workouts.

Variety & Fun – The diversity of exercises and the change in training styles keeps workouts interesting and prevents plateaus, helping you stay engaged and excited.

Community & Support – The camaraderie of small group settings fosters a sense of community, offering both social interaction and mutual encouragement from fellow participants.

Affordability & Value – Small group training offers a more affordable option compared to one-on-one sessions, while still delivering expert instruction and personalized attention.



COACH Small Group Training Class Description

FUNCTIONAL INTEGRATED STRENGTH TRAINING (FIST)
This class focuses on building strength through multi-functional movements that mimic real-life activities. Strengthen muscles, improve balance and boost endurance while enhancing overall body functionality and increasing lean body mass.

JUMPBOARD ALLEGRO® REFORMER TRAINING
Combine the benefits of the Pilates Allegro® Reformer with the added challenge of the Jumpboard. This high-intensity class helps improve cardiovascular health, strength, coordination and calorie-burning.

KETTLE-LATES
A unique fusion of kettlebells and Pilates Allegro® Reformer, Kettle-Lates combines strength training and core-focused Pilates exercises. Build strength, tone muscles and improve flexibility and posture in one efficient class.

TRX® SUSPENSION TRAINING
Build strength, improve stability and enhance flexibility using the TRX® Suspension system. This bodyweight-based training system will challenge your core and muscle groups during every movement.

PILATES ALLEGRO® REFORMER I
A beginner-friendly class focusing on building a strong foundation in Pilates, using the Allegro® Reformer to enhance alignment, flexibility, muscle tone and core strength.

PILATES ALLEGRO® REFORMER II
This intermediate-level class increases the Pilates Allegro® Reformer full-body challenge, incorporating more complex movements to improve strength, coordination, muscle tone, core tone and endurance while further refining your Pilates technique.

PILATES ALLEGRO® REFORMER ADVANCED
For those who are ready to take their Pilates practice to the next level, this advanced class focuses on strength, flexibility and control using more challenging exercises on the Allegro® Reformer.

PILATES TOWER ADVANCED
A high-intensity Pilates class utilizing the Tower equipment for a full-body, comprehensive workout that targets strength, muscle tone, stability and flexibility with advanced moves and techniques.

See schedule for current class offerings.